

MADE IN U.S.A.

1

2

3

4

Just for Today

tuesday wednesday thursday friday saturday sunday
august september october november december monday
sunday january february march april may june july
monday tuesday wednesday thursday friday saturday
june july august september october november december
saturday sunday january february march april may
february march april may june july august september
wednesday thursday friday saturday sunday january
september october november december monday tuesday

NAWS, Inc.



Just for Today

Revised

CarryTheMessage.Com
Source: Danny M.

october november december monday
sunday january february march april may june july

WES

MADE IN U.S.A.

Just for Today

CarryTheMessage.Com
Source: Danny M.

Just for Today
◆ ◆ ◆
Daily Meditations
for Recovering Addicts

CarryTheMessage.Com
Source: Danny M.

The Twelve Steps and Twelve Traditions reprinted
for adaptation by permission of AA World Services, Inc.

World Service Office
PO Box 9999
Van Nuys, CA 91409
Tel. (818) 773-9999
Fax (818) 700-0700
Website: www.na.org

World Service Office-EUROPE
48 Rue de l'Eté
B-1050 Brussels, Belgium
Tel. +32/2/646-6012
Fax +32/2/649-9239

World Service Office-CANADA
150 Britannia Rd. E. Unit 21
Mississauga, Ontario, L4Z 2A4, Canada
Tel. (905) 507-0100
Fax (905) 507-0101

Copyright © 1991 by
Narcotics Anonymous World Services, Inc.
All Rights Reserved
Published 1992
Pocket-sized version first published in 2006.
Printed in China

06 07 5 4 3 2



This is NA Fellowship-approved literature.

Narcotics Anonymous, , , and The NA Way are registered
trademarks of Narcotics Anonymous World Services, Incorporated.

ISBN 1-978-55776-697-7

CarryTheMessage.Com
Source: Danny M.

WISO Catalog Item No. EN-1113

Foreword

The book you have in your hands, *Just for Today*, is the culmination of almost a decade of work on the part of the NA Fellowship. Serious interest in creating a daily meditation book for NA members began shortly after the initial approval of our Basic Text in 1982. Between 1984 and 1989, nearly a thousand pages of source material were developed by hundreds of individual members and dozens of local literature subcommittees. In 1989 and 1990, the World Service Conference Literature Committee began experimenting with methods of processing that source material into daily book entries, finally settling on one in April 1991. The following month, the daily book project went into full swing. By November 1991, the book was complete.

The following is the statement of purpose developed by our committee in July 1990 to guide the work to be done on *Just for Today*:

"The purpose of *Just for Today* is to offer a wide variety of meditational topics to recovering addicts. These topics will range from the nuts and bolts of recovery to the vast array of intangible spiritual concepts existent. The book is meant for those at any and all stages of recovery, regardless of clean time. We hope it will convey, encourage, and even inspire the joy inherent in recovery. By deliberately including a wide assortment of points of view, concepts, and issues, we hope it will encompass the diversity of our fellowship and offer each individual what he or she needs at any given time."

There are a number of ways this book can be used. Individual members are encouraged to use it as a part of their daily program of recovery. You can go through it by calendar date, from front to back, or however suits you best. We've also included a topic index at the back of the book so that, if you wish, you can focus your meditations on particular subjects.

MADE IN U.S.A.

 **Just for Today**
Daily Meditations for Recovering Addicts

CarryTheMessage.Com
Source: Danny M.